

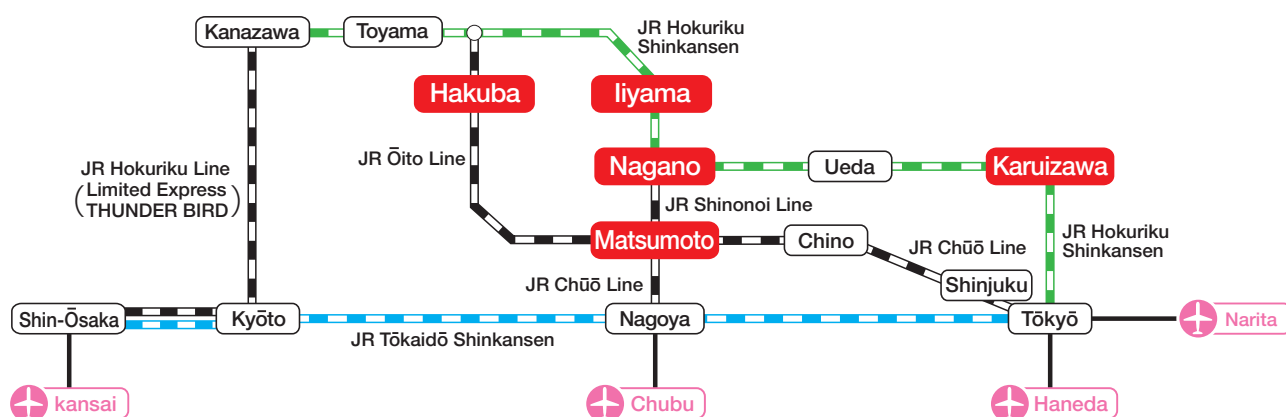


Focusing mainly on Nagano Prefecture Regional Map

Nagano Prefecture, where the 1998 winter Olympics were held, is located in the center of Japan. It is connected to Tokyo in the southeast, Nagoya in the southwest, and also to Kyoto and Osaka. To the northeast you can get to Niigata, and to the northwest, you can get to Toyama and Kanazawa. It is extremely convenient to get to any major region of Japan by railroad, or highway bus. From here, you can visit all of the major sightseeing area, and enjoy your visit to Japan.



Getting to Nagano



On-line Booking Hotel/Ryokan & Tour with information in Japan

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SUNRISE TOURS 



ACCESS



Snow Monkey

The wild monkeys who seem to enjoy bathing in the hot springs during the snowy season are enormously popular. Yamanouchi Town, Nagano Prefecture



Nikko

This dazzling shrine enshrines Tokugawa Iyasu, the first Shogun who began the Edo Shogunate. It is a national treasure and a World Cultural Heritage site. Nikko City, Tochigi Prefecture



Kenrokuen

This Japanese-style garden is a representative example of the Edo Period, with its beauty and grandeur. It is considered one of the three best gardens in Japan. Kanazawa City, Ishikawa Prefecture



Photo provided by Shirakawa-mura, Gifu.

Shirakawago

Roofs referred to as gassho-zukuri (steep, thatched roofs) have a distinctive shape that was born from the wisdom of the villagers who lived in among nature. It is a World Cultural Heritage site. Shirakawa Village, Gifu Prefecture



Kyoto

Numerous temples, shrines, and other sites that are representative of Japan still remain in the former capital of Kyoto. It is popular worldwide as a city where visitors can get the greatest feel for the traditions of Japan. Visitors might even be able to catch a glimpse of a maiko (apprentice geisha). Features World Cultural Heritage sites.

Sado ga shima

Niigata

(Niigata Airport)
Niigata
Hokuriku Expressway
JR Shin-etsu Line

HAKUBA

IYAMA

NAGANO

KARUIZAWA

MATSUMOTO

Shinjuku

Tokyo

Tokyo Disney Resort®

Haneda (Tokyo International Airport)

Narita (Narita International Airport)



Matsumoto Castle

This is the oldest castle of the five structure castle towers, and was built during the Warring States Period. Its black and white colors look magnificent against the mountains of the Japanese Alps, and it is a national treasure. Matsumoto City, Nagano Prefecture



Mt. Fuji

This volcano has a beautiful shape and is symbolic of the Japanese nation. The surrounding area contains numerous leisure facilities, and it is enormously popular worldwide. It is a World Cultural Heritage site.



Osaka

Featuring noteworthy sites like Osaka Castle and UNIVERSAL STUDIOS JAPAN™, the city of Osaka is also famous for its food culture. Here visitors can enjoy a unique culture that is distinctive from that found in Tokyo.



Tsumago-juku

This townscape that deeply retains the feel of an old Edo style posting station has been selected as a Nationally-selected Preservation Districts for Groups of Historic Buildings. Long a bustling strategic stop for traffic where the Nakayama road and Ina road intersect.

	Shinkansen
	Shinkansen
	JR Line
	Other Railroad
	Express Highway
	Bus

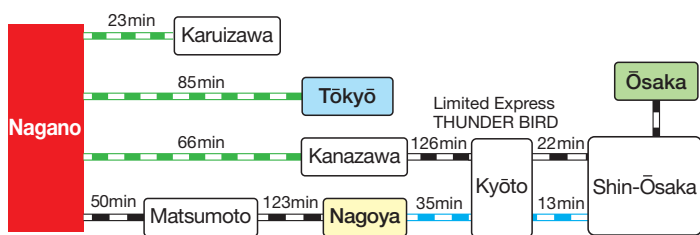
※All photos are images.

※The information in this pamphlet is current as of February 2019.



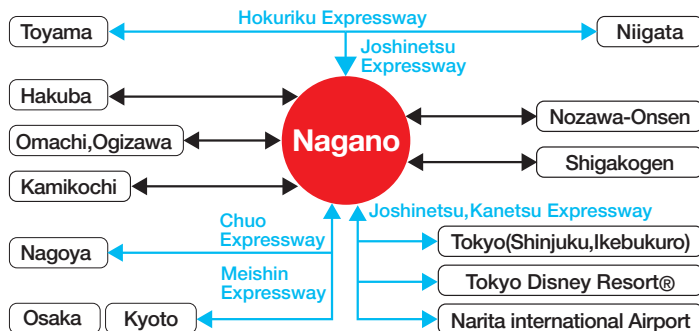
NAGANO AREA

Railroad



※The indicated times show the shortest possible times.

Express Highway Bus/Express Bus



Sightseeing guide



Sakurazutsumi along the Chikumagawa River embankment (Obuse)

600 Yaezakura "Ichio" trees have been planted along 4 km at a place called Sakurazutsumi along the Chikumagawa River near Obuse bridge. This type of cherry tree, Yaezakura, blooms later. They are in full bloom around the golden week holiday period every year.

Nagano Station Obuse Station Chikumagawa River embankment
Approx. 29 minutes Approx. 25 minutes



Snow Monkey Park

Since its grand opening in 1964, this has been a very popular destination to come and observe up close the interesting behavior of native Japanese monkeys. In 1970, the American magazine called LIFE reported on these monkeys who love to use the natural hot springs to bathe, making it famous around the world. Recently, the number of foreign visitors is increasing.

Nagano Station Snow Monkey Park
Approx. 47 minutes



Fruit (Suzaka)

[Shinshu Fruit Paradise] Shinshu Suzaka, a town fragrant with history and nature is Shinshu's oldest fruit production area. Here, you can enjoy the most delicious grapes in season, and pick your own apples.

Nagano Station Suzaka Station Each Farm
Approx. 21 minutes



Hakuba

The common attractions to ski resorts in the Hakuba area are the quantity and quality of the snow. Once you've had the chance to ski on the powder snow here, you'll want to come back to Hakuba again, and again.

Nagano Station Hakuba Station Each Ski Resort
Approx. 1 hour and 10 minutes



Kenrokuen (Kanazawa)

Kenrokuen has been designated as a special scenic spot of Japan, located in Kanazawa City, Ishikawa Prefecture. With a size of approximately 11.7 hectares, this can be counted as one of Japan's three great gardens, along with Korakuen in Okayama City, and Kairakuen in Mito City.

Nagano Station Kanazawa Station Kenrokuen
Approx. 66 minutes Approx. 10 minutes

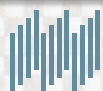


Shirakawa-go

World Heritage Sites, the Historic Villages of Shirakawa-gō and Gokayama, are a very popular place to visit in Shirakawa-go. This is a must-see sightseeing spot. Here, you can see many traditional, A-frame homes that will give you a sense of being close to Japanese history. This is particularly magical in the snowy, winter months.

Nagano Station Kanazawa Station Shirakawa-go
Approx. 66 minutes (Some require reservations: Approx. 1 hour and 45 minutes)

HOTEL INFORMATION



HOTEL METROPOLITAN

NAGANO JR-EAST

TEL : +81-26-291-7000

URL : <https://www.japanican.com/en/hotel/detail/5123027/>



Hotel Kokusai 21

TEL : +81-26-234-1111

URL : <https://www.japanican.com/en/hotel/detail/5123019/>

HOTEL NAGANO AVENUE

TEL : +81-26-223-1123

URL : <https://www.japanican.com/en/hotel/detail/5123022/>



長野 東急REIホテル

TEL : +81-26-223-1090

URL : <https://www.japanican.com/en/hotel/detail/5123037/>

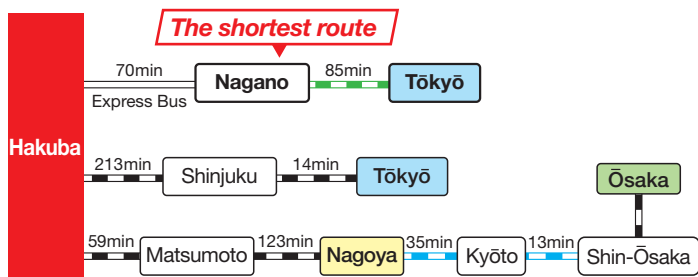
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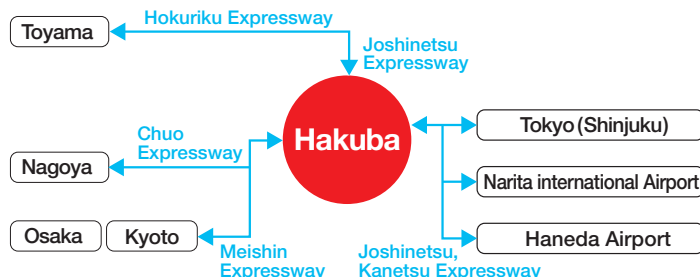
HAKUBA AREA

Railroad & Express Bus



※The indicated times show the shortest possible times.

Express Highway Bus/Express Bus



Sightseeing guide



Happoone Ski Resort

Where the Nagano Olympics were held; Proud of its high-quality JAPOW (powder snow) and the overwhelming view of the northern Alps World-class big slopes.

Hakuba Station Village bus or taxi, and others Happoone Ski Resort
Approx. 10 minutes by taxi



Northern Alps (Ushiroateyama Range) trekking

Authentic mountain climbing on Mount Shirouma, Mount Karamatsu, and Mount Goryu, which are included in the 100 Famous Japanese Mountains, to light trekking along the Tsugaike Natural Garden or Happoone nature walks - you'll enjoy mountaineering that fits your level and likes.

Hakuba Station Village bus, on foot, or taxi, and others Each Sightseeing Spot



Hakuba Natural Hot Springs

Here, you can enjoy any one of six hot springs, or the many day-trip bathing facilities or foot baths. There are numerous natural hot springs located throughout the village. With high alkali levels, these hot springs are well-favored for giving you smooth skin.

Hakuba Station Village bus, on foot, or taxi, and others Each Hot Spring Site



Glamping

Feel the grand nature of Hakuba with your five senses. Snow Peak cooperates to tow you to hotels in the vicinity. Special luxurious programs that can only be experienced here - for lodging, cuisine, and other activities.

Hakuba Station Village bus, on foot, or taxi, and others Each Facility



Fun summer activities including rafting and mountain biking, and others

In summer, we recommend spending your days on the river rafting or canoeing and other activities. This offers an authentic mountain bike course like that used in international competitions, on Hakuba Iwatake. Everyone from beginners to the advanced rider can enjoy the course.

Hakuba Station Village bus, on foot, or taxi, and others Each Facility



Tateyama Kurobe Alpine Route

One of the few mountain sightseeing routes in the world piercing the northern Alps range at an elevation of 3,000 m. Get your fill of the grand scale of nature spreading far and wide above the clouds by riding the cable cars.

Hakuba Station JR Otto Line Shinano-Omachi Station Bus Ogizawa Station
Approx. 28 minutes Approx. 40 minutes

HOTEL INFORMATION



白馬 東急ホテル

TEL : +81-261-72-3001

URL : <https://www.japanican.com/en/hotel/detail/5229001/>

Hôtel de La Neige
HIGASHIKAN

TEL : +81-261-72-7111

URL : <https://www.japanican.com/en/hotel/detail/5229041/>

Hakuba Mominoki Hotel

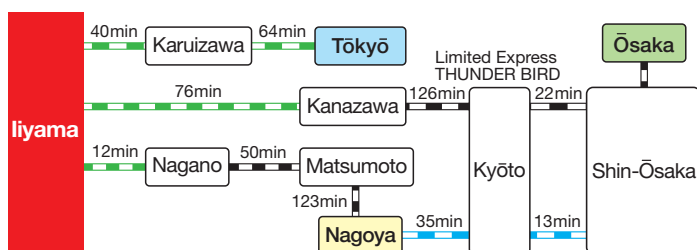
TEL : +81-261-72-5001

URL : <https://www.japanican.com/en/hotel/detail/5229040/>



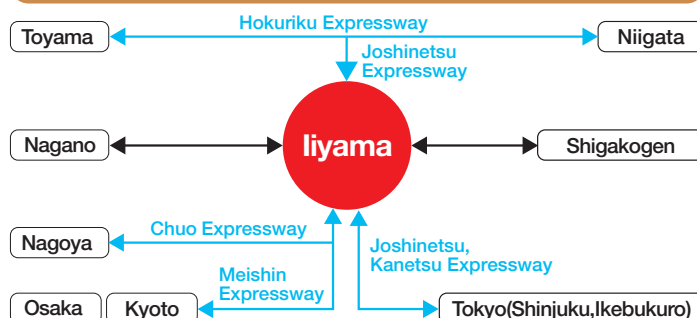
IIYAMA AREA

Railroad



※The indicated times show the shortest possible times.

Express Highway Bus/Express Bus



Sightseeing guide



Nojiriko Lake

Known for its fossil excavation of the Naumann elephant, and as an international summer resort. Here, you can enjoy cruising on a sightseeing boat, canoeing, board sailing, and other lake sports, and in the winter months, smelt fishing. There is something for everyone, year-round.

Iiyama Station $\xrightarrow{\text{JR Iiyama Line}}$ Toyono Station $\xrightarrow{\text{Kilashinano Line}}$ Kurohime Station $\xrightarrow{\text{Bus}}$ Nojiriko Lake
Approx. 34 Minutes Approx. 21 Minutes Approx. 13 Minutes



Snow Monkey Park

Host to many foreign visitors who have come to see up close the interesting behavior of native Japanese monkeys. Come in the winter to watch the Japanese snow monkeys bath and warm up in the hot springs.

Iiyama Station $\xrightarrow{\text{Bus}}$ Snow Monkey Park
Approx. 35 minutes



Shinetsu Trail

Walk the ridge of mountains at elevations around 1,000 m, and set out on the 80-km long trail along Satoyama where people live with the forest. Take a walk through the expansive Bona forest to attain a wonderful feeling that rests your body and mind.

Iiyama Station $\xrightarrow{\text{Bus}}$ (Nabekura Kogen Mori no Ie) Shinetsu Trail
Approx. 30 minutes



Nozawa Hot Springs

Located at the farthest point north in Nagano Prefecture, this town boasts that 1,700 L of hot water springs from as many as 38 sources. 13 outdoor hot springs located in the hot spring town flow out 100% natural hot spring water that is slightly hot.

Iiyama Station $\xrightarrow{\text{Bus}}$ Nozawa Hot Springs
Approx. 40 minutes



Togakushi Shrine

The Kan'nagara Gate in the path to approach the shrine - a symbol of Togakushi Shrine - is lined with trees said to be 400 years old. This area is famous as a power spot in Shinshu.

Iiyama Station $\xrightarrow{\text{JR Hokuriku Shinkansen}}$ Nagano Station $\xrightarrow{\text{Bus}}$ Togakushi
Approx. 12 minutes Approx. 68 minutes
Iiyama Station $\xrightarrow{\text{Taxi}}$ Togakushi
Approx. 60 minutes



Nabekura Kogen

The natural Bona forest expanding to parts of the Nabekura mountains has been selected at the top rank of the Prefecture's Natural Hyakusen. This forest is loved and protected by the local citizens.

Iiyama Station $\xrightarrow{\text{Bus}}$ Nabekura Kogen Mori no Ie
Approx. 45 minutes

HOTEL INFORMATION

TANGRAM
MADARAO TOKYU RESORT

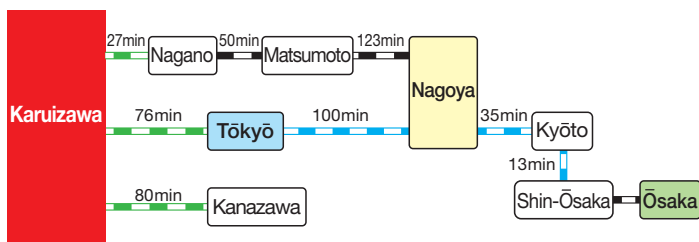
TEL : +81-26-258-3511

URL : <https://www.japanican.com/en/hotel/detail/5284001/>



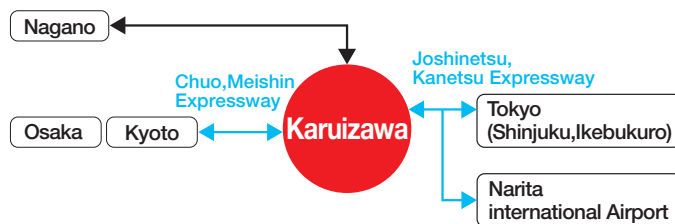
KARUIZAWA AREA

Railroad



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Express Highway Bus/Express Bus



Sightseeing guide



Important Cultural Property Former Mikasa Hotel

Important Cultural Property Former Mikasa Hotel

This is a wooden model of the pure western style in the late Meiji period, the design and construction of which was implemented by Japanese people. In May, 1980, this was designated to be an important cultural property. You can still visit and tour this structure.

Karuizawa Station Taxi Important Cultural Property Former Mikasa Hotel
Approx. 15 minutes



Kumobaike Lake

Kumobaike Lake offers the beauty of nature through the four seasons. It is known as a famous destination in Karuizawa for its new green leaves in spring that reflect on the water, and the dynamic colors of the fall.

Karuizawa Station Taxi Kumobaike Lake
Approx. 10 minutes



Karuizawa - Prince Shopping Plaza

Shopping mall that expands into a wide area at the south exit of Karuizawa Station. In an abundantly natural location, this offers outlets of famous brands, interiors, miscellaneous, and outdoor. Approximately 240 various types of shops are located here.

In Front of Karuizawa Station



PHOTO: DAICHI ANO
CHIROSHI SENJU MUSEUM KARUIZAWA

Hiroshi Senju Museum Karuizawa

Art museum where you can enjoy the works of the world-famous artist Senju, along with nature.

Karuizawa Station Taxi Hiroshi Senju Museum Karuizawa
Approx. 10 minutes



Shiraito Falls

Several hundred streams of ground water fall like white thread over the curved boulders that are 3 m in height and 70 m wide wrap visitors in a sense of coolness. They say that the minus ions produced here have a healing effect.

Karuizawa Station Taxi Shiraito Falls
Approx. 40 minutes



Former Karuizawa Ginza

Former Karuizawa main street. All around you, you can find private lodges, and historical buildings. There are hours of fun to be had here.

Karuizawa Station Taxi Former Karuizawa Ginza
Approx. 5 minutes

HOTEL INFORMATION



TEL : +81-267-42-1234
URL : <http://www.japanican.com/en/hotel/detail/3248082/>



TEL : +81-267-42-0011
URL : <https://www.japanican.com/en/hotel/detail/3248092/>



TEL : +81-267-42-1111
URL : <https://www.japanican.com/en/hotel/detail/3248085/>



TEL : +81-267-42-8444 URL : <https://www.japanican.com/en/hotel/detail/3248087/>



TEL : +81-267-42-1112
URL : <https://www.japanican.com/en/hotel/detail/3248096/>

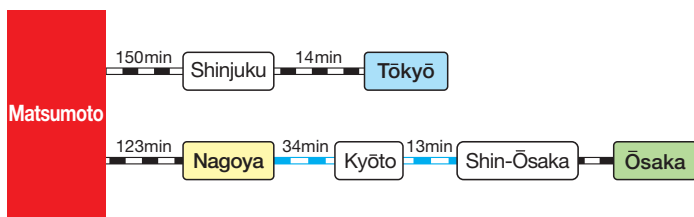


TEL : +81-267-46-6611
URL : <https://www.japanican.com/en/hotel/detail/3254019/>



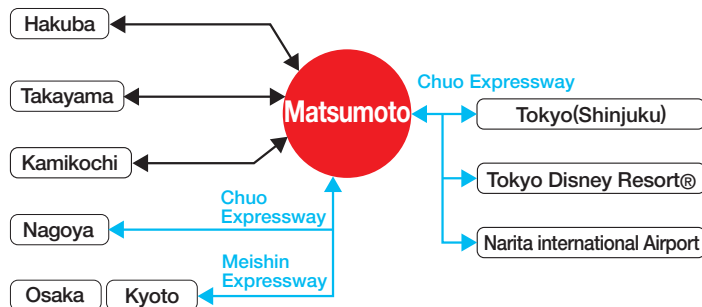
MATSUMOTO AREA

Railroad



※The indicated times show the shortest possible times.

Express Highway Bus/Express Bus



Sightseeing guide



Matsumoto Castle (Matsumoto City)

Built in the 16th century, Matsumoto Castle is Japan's oldest castle and has been designated a National Treasure. Climb the stairs to the top for a striking panoramic view of Matsumoto and the surrounding Japan Alps.

Matsumoto Station On foot Matsumoto Castle
Approx. 15 minutes



Kamikochi (Matsumoto City)

Kamikochi is a mountain resort located in the heart of the Japan Alps. Due to its breathtaking scenery of snow-capped mountains and clear blue water, it is a favorite among nature-lovers and a great place for a hike.

Matsumoto Station Matsumoto Electric Railway Shinshimashima Station
Bus Kamikochi
Approx. 65 minutes



Nawate Street (Matsumoto City)

Experience Matsumoto's history as a castle town and take a stroll down the many quirky antique stores and authentic candy stores of Nawate Street to get a feel of what a shopping street of the Edo period was like.

Matsumoto Station On foot Nawate Street
Approx. 10 minutes



Daio Wasabi Farm (Azumino City)

The Daio Wasabi Farm is the largest wasabi farm in Japan and popular among people from all over the world. The on-site shops serve many interesting wasabi-flavored products such as wasabi ice cream and wasabi beer.

Matsumoto Station JR Oito Line Hotaka Station
Taxi Daio Wasabi Farm
Approx. 10 minutes



Matsumoto City Museum of Art (Matsumoto City)

Matsumoto's Museum of Art is filled with various pieces of modern art and features major art works of the world famous Matsumoto-born artist Yayoi Kusama.

Matsumoto Station On foot Matsumoto City Museum of Art
Approx. 12 minutes



Norikura Highlands (Matsumoto City)

Norikura Highlands is a large scenic plateau at the base of Mt. Norikura, the 10th highest mountain in Japan. It is most famous for its huge walls of snow that you can see in late-spring which can reach up to 10 meters.

Matsumoto Station Matsumoto Electric Railway Shinshimashima Station
Bus Norikura Kogen (Highlands)
Approx. 47 minutes

HOTEL INFORMATION



HOTEL BUENA VISTA

TEL : +81-263-37-0111

URL : <https://www.japanican.com/en/hotel/detail/5192087/>



ホテル 飯田屋
HOTEL IIDAYA

TEL : +81-263-32-0027

URL : <https://www.japanican.com/en/hotel/detail/5192095/>